## Trails for All

\* Successful Strategies for Including Everyone







Massachusetts Trails Conference 2014 Leominster, Mass



### DCR Universal Access Program



Statewide Trail Use:

- Hiking
- Biking
- Paddling
- Horseback Riding
- Winter

<sup>\*</sup> Make good use of existing accessible site features

#### Adaptive Recreation Service Providers

- All Out Adventures
- Boston Outdoor Recreation
- Community Boating
- Holyoke Rows
- Stavros Outdoor Access
- Waypoint Adventure
- Windrush Farm



\* Incorporate people with disabilities from the start

#### Strategy Matrix





- Dedicated Program within Agency
- Collaborations
- Hands-on Help!
- Adaptive Equipment
- Conventional Recreation Equipment
- Accessible Locations
- SupportiveInfrastructure
- Marketing
- Sharing Stories

\* Have fun with your team!

#### Skilled Staff

- Trainings and Certifications:
- First Aid/CPR
- Disability Awareness and Etiquette
- Instructor Level Skill
- Use of Adaptive Equipment
- On-the-spot adaptation techniques
- Inclusive Methods
- Risk Management





#### Locations





- Blue Hills State Reservation
- Borderland State Park
- Bradley Palmer State Park
- Charles River
- Connecticut River
- DAR State Forest
- Dunn State Park
- Mt. Tom State Reservation
- Mt. Greylock
- Norwottuck Rail Trail
- Walden Pond State Reservation
- Wendell State Forest

\*Lifeguards allow more people with disabilities to paddle

\*Roll out mat allows for temporary access (also ramps)

#### Coordination

- Scheduling
- Communications
- Equipment purchasing
- Outreach and marketing
- Data tracking
- Troubleshooting
- Seasonal staff management
- Training
- Risk management

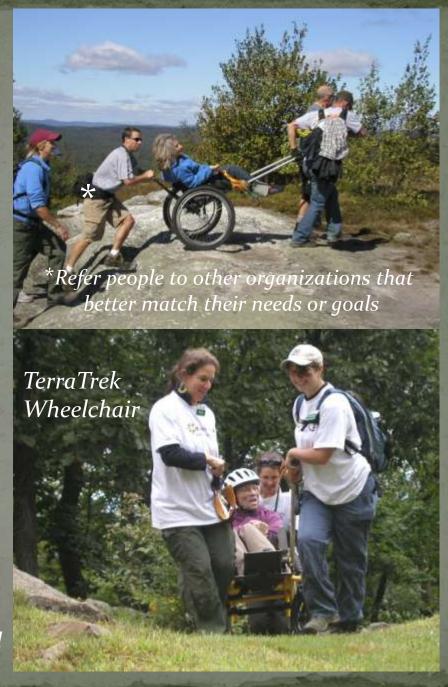


\*Get yourself out there!!

## Hiking

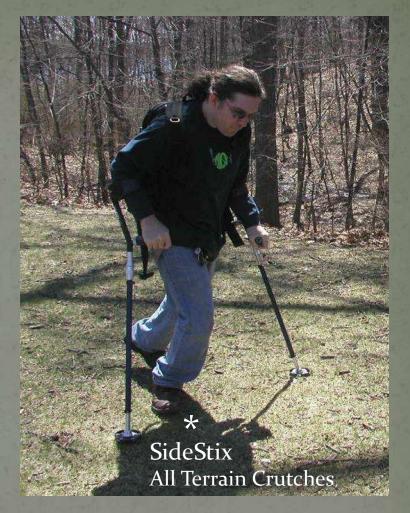


\*Expect further modifications will be needed on equipment you buy – and that products will change



## Hiking





\*Know how to be a sighted guide

\*Introduce specialized equipment to potential users



# Biking





\*Happy riders depend on well-maintained equipment

## Biking





\* Allow the greatest degree of independence possible

# Biking





\*Be mindful of deviations from protocol \*Follow riders until they have sufficient skills

## Paddling



\*Keep gear well-organized – avoid tripping hazards



\* Know the fundamentals of proper **transfer** techniques





### Paddling Adaptations









\*Test prototypes and offer new equipment as it becomes available on the market



\*Integrate family, friends, caregivers

### Cross Country Skiing













#### Other Winter Trail Use













#### Come to our Table for Resources!

Thank You